



Snapshot – Oleksandra Kononova

00:05 Oleksandra Kononova, Ukrainian para-biathlete, Russian

“I probably spend more time laughing than doing anything else. I'm always giggling. “It is my life, and I just can't do it differently.” »00:15

00:17 Oleksandra Kononova, Ukrainian para-biathlete, Russian

“Maybe it's a way to hide something that's going on. I just smile, chill out, and say: it's all right, guys..” »00:27

00:30 Oleksandra Kononova, Ukrainian para-biathlete, Russian

“If I achieve what I want in sports, it makes me very happy. ” »00:35

00:38 Oleksandra Kononova, Ukrainian para-biathlete, Russian

“And sport means a lot to me, in my life, and it has given me a lot. It gave me confidence, stability. Knowing what I want.” »00:47

01:51 Oleksandra Kononova, Ukrainian para-biathlete, Russian

“I'm an emotional person, I worry: it's this-and-that, why that, I need to be here, there, what will the coach say...” »00:58

01:04 Oleksandra Kononova, Ukrainian para-biathlete, Russian

When I wake up in the morning I realize that I'm going to run in two hours and I feel excited. In my mind I already start running and mentally scan the entire track with all its climbs. So, I come to start in a fighting spirit.” »01:17

01:22 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian

“We communicate with each other, so our team is a true team. And we can also meet and socialize out of competitions. We have a good and friendly team.” »01:34

01:39 Oleksandra Kononova, Ukrainian para-biathlete, Russian

“We had a good evening tonight, we've been to a boxing club. We've tried something new, something interesting and had a lot of fun. I've never done other sports before, but I've tried tonight, and it's very exciting. .” »01:56

Ends: 02:09

